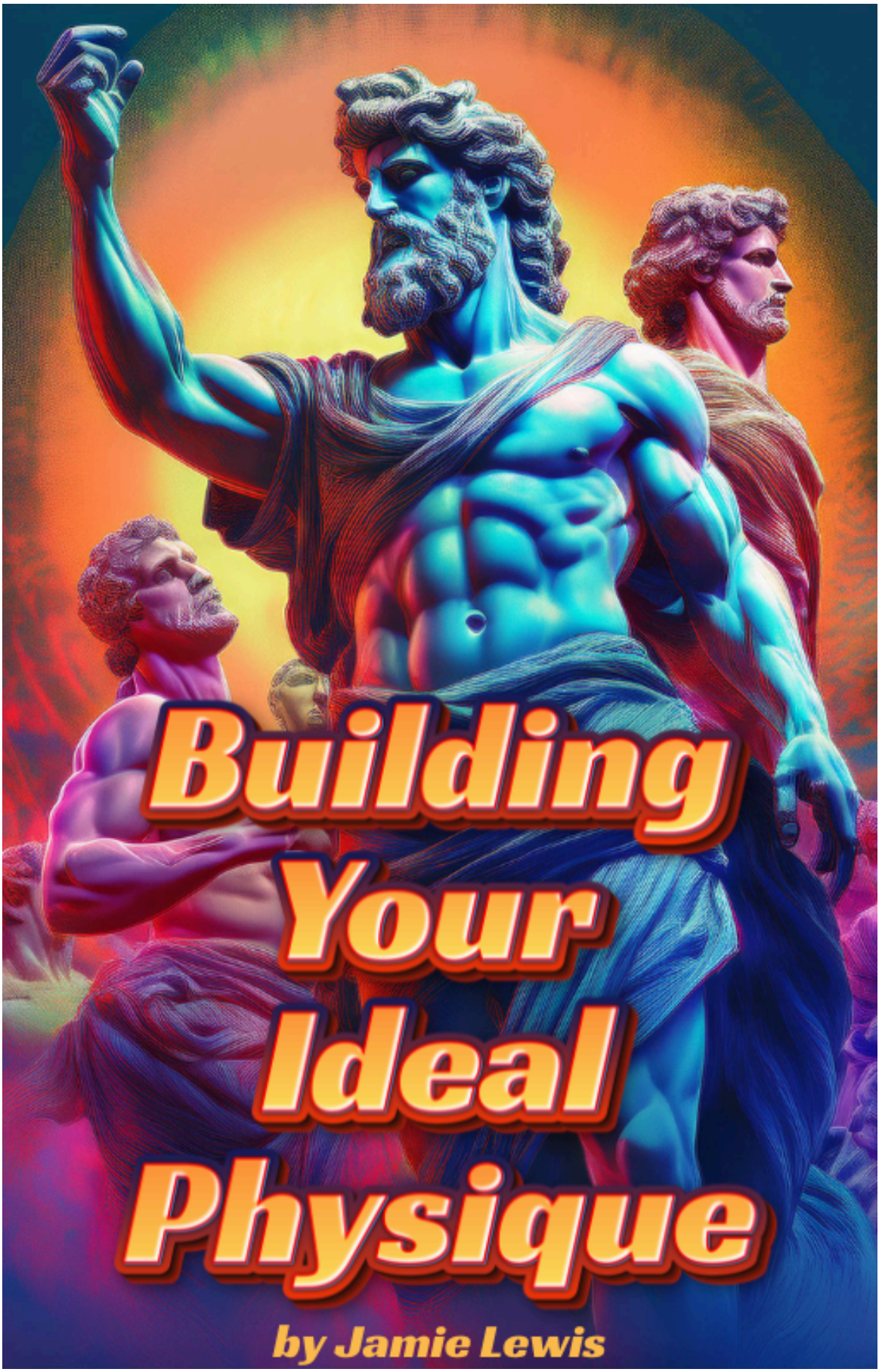
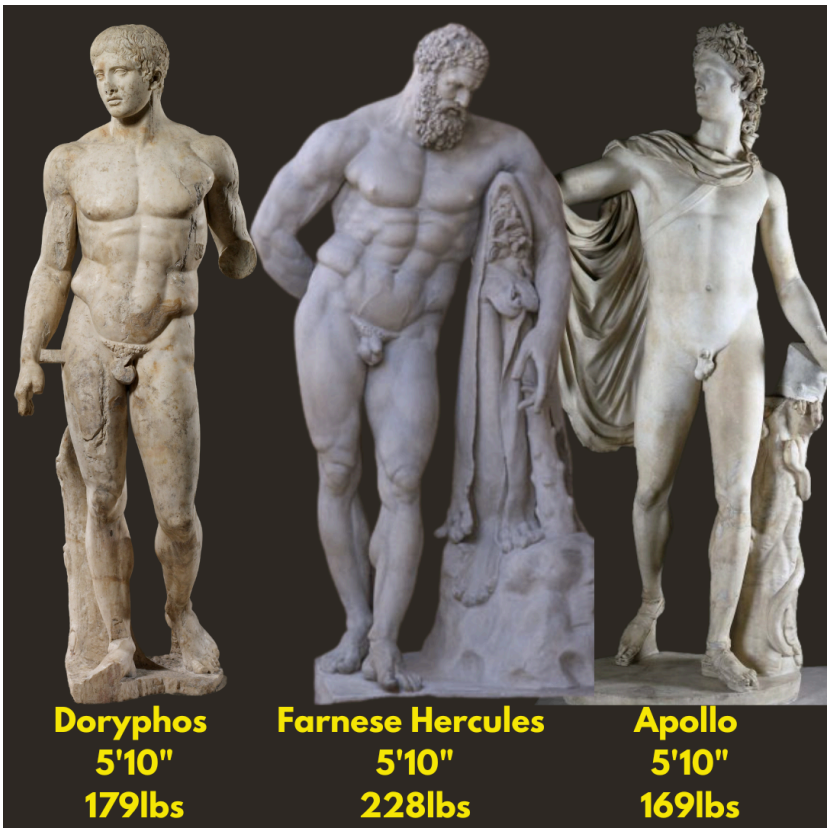

Building
Your
Ideal
Physique
by Jamie Lewis

What Does the Perfect Human Look Like?

If you asked one thousand people who the most perfectly built human in history is, it's likely you'll get 500 different answers- different strokes for different folks, and all of that. Regardless, humans have always pointed to certain individuals as the physical ideal, and beginning in the 19th century, many intellectuals became obsessed with weighing and measuring everything so that it could be catalogued in one list or another.

By the 20th century, statistical analysis was really getting going and a bodybuilding gym owner named David Willoughby wrote a book called The Super Athletes, in which he utilized varying degrees of scientific and pseudoscientific investigation to arrive at the conclusion that the best size for a all-round athlete like George Hackenschmidt, Donald Dinnie, or Jim Thorpe would be around 5'10 200-220lbs.



He went a bit further though, in an effort to determine what the ultimate male physical ideal was, and he came up with a bunch of complicated equations to determine the weight of the models who stood for the Greek statues the whole world's been ogling for years, and focused on the three most popular statues of the time as the 3 physical ideals represented by the Greeks and Romans. He assumed their height to be 5'10", and then extrapolated their weights based on the measurements of their neck, waist, upper arm, forearm, calf, chest, and thigh.

Year	Various Published Averages & Ideals + David Willoughby's Estimated Weights for Models for Greek Statues, Assuming 5'10" Height										
	Name & Year		Height	Weight	Reg Chest	Upper Arm (R)	Fore-arm	Waist	Neck	Thigh	Calf
1904	Avg Size 100 GOATs (1904)	1904	69.75	180	43	16.5		34	16.5	24.5	16.5
1924	Earl Liederman's Ideal (1924)	1924	68.5	180	44	16		32	17	23.5	
1929	David Willoughby's Ideal (1929)	1929	70	195	42.4	15.7	13.1	32.4	16.3	23.1	15.4
440 BC	Doryphos Statue (440BC)	440BC	70	179	45.1	14.9	12.3	33.3	16.1	23.3	15.4
325 BC	The Apollo Belvedere (~325 BC)	325BC	70	167							
400s BC	Farnese Hercules (400s BC)	400sBC	70	228							

Willoughby wasn't the only one wearing out pencils on this math stuff though- there were previous studies of a similar nature done by other authors that confirmed a lot of Willoughby's suspicions about what people find aesthetic.

One study looked at 100 of the best athletes from every discipline in 1904 and determined their average size to be 5'9.75" 180lbs, while bodybuilding author Earl Liederman published his own opinion on the male ideal Ideal in 1924 as 5'8.5" 180lbs, and finally David Willoughby published his own ideal male dimensions in 1929- 5'10" 195lbs.

As these ideals omitted examples of lady lifters and seemed to utilize something of a small sample size, I set out to determine what the ideal male physique was in the years before the advent of steroids. If you look to the appendix, you will see I compiled the measurements of the winners of the following bodybuilding contests from 1939-1958, because 1958 was the year the first anabolic steroid was created (Nilevar) and was used by Tom Sansone to win the Mr America:

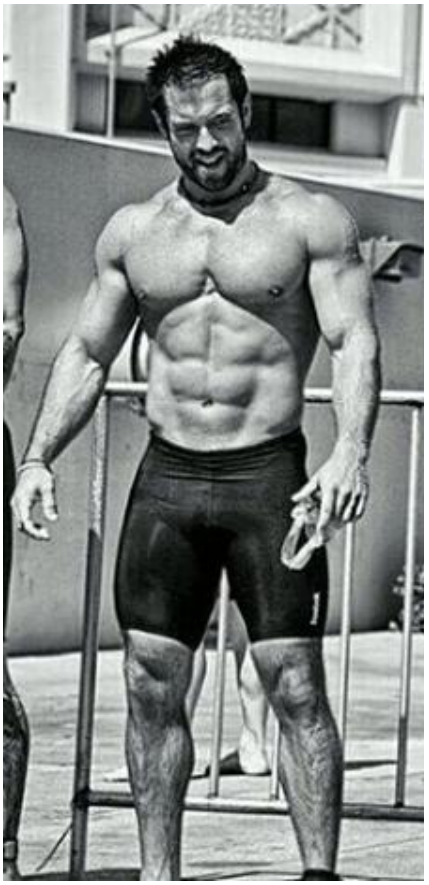
- AAU Mr America
- the Most Muscular Man in America (the AAU Mr America's award to the best bodybuilder in the contest)
- Pro Mr America
- NABBA Mr Universe
- Pro Mr Universe

After that, I went further back in time to find the physique champs who predated the Mr America contest, then added to those the strongmen and wrestlers who were considered physique superstars even if they didn't promote themselves as such.

What I found is that for almost 60 years, the male physical ideal hardly changed… and it's still represented today in CrossFit.

THE MEDIAN PRE-STEROID BODYBUILDING CHAMPION WAS THE SAME SIZE AS THE MEDIAN CROSSFIT WINNER

5'9"
195lbs
47" Chest
17" Arms (without a pump)
14" Forearms
31" Waist
17" Neck
25" Thighs
16" Calves



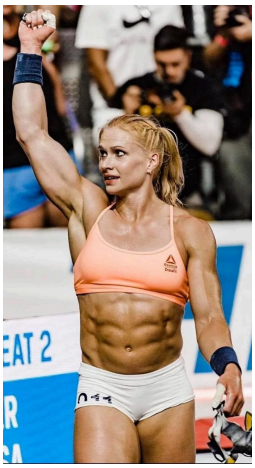
Though it will pain a lot of you to hear it, Rich Froning is the John Grimek of the 21st century, and they're nearly identically sized. What's more is that David Willoughby (like Dan Lurie) thought Grimek's body type was not one people should necessarily copy- instead of shooting for Grimek's herculean physique, Willoughby suggested people ape the look and methods of Steve Reeves, who Willoughby deemed to be physical perfection.

Willoughby provided the following examples as the perfect example of each body type based on the aforementioned Greek statues.

If the sizes of these guys confuse you, it's a reminder to not take these numbers too seriously- these are guidelines based on observable trends, not hard-and-fast rules. Also, an easy rule of thumb when scaling physiques is to add or subtract 10 pounds for each inch you add or subtract on guys, and 5 pounds on women.

Speaking of the ladies, there are no such studies available, so I conducted my own based on what I'd seen with the men. I compiled a list of all of the CrossFit winners and consulted Golden Era bodybuilders to confirm my list of un-juiced early 80s bodybuilders and discovered that the women match in the same way the men do. And it makes sense too- elite physical performance should produce elite aesthetics.

THE MEDIAN FEMALE CROSSFIT GAMES WINNER



is 5'4" and 132lbs, but when you eliminate duplicates, you get a slightly bigger athlete- 5'5" and 140, which ends up being about the same amount of muscle when adjusting for height.

Annie Thorisdottir is then the closest to the dimensions of the median, as she is 5'7" 148lbs (remember, you add or subtract 5lbs for each inch of height).

Though she's never competed in a physique contest, I'd say she'd be a walkoff winner on abs alone.

Using Willoughby's ideals and extrapolating backward from the median of the CrossFit Games winners, I produced my own examples of the 3 feminine ideals.

The Golden Age Guys All Trained the Same

Despite the extreme variation in the physiques, almost all of the early Mr Americas trained basically the same way- they used Bob Hoffman's Mr America course.

In fact, the uniformity of their training predates the York Barbell Mr America course they all used, because that York Barbell workout was based on the training methods of Sig Klein, who was the most famous gym owner in the US after the death of his father-in-law and gym's founder, Professor Attila.

The reason everyone thinks the old school was made of magical genetics and filled with steroids that didn't exist yet is because we profoundly misunderstood their training methods, and this is because no one actually read Hoffman's book. I have, however, and I figured out how and why we screwed up their training methods so egregiously.

The following is a reinterpretation of the York Mr America courses, updated for the modern trainee, because the modern lifter is wholly unwilling and/or incapable of training the way the old school did.

DO NOT START THE PROGRAM UNTIL YOU READ THE NOTES.

Program Notes

This Program Consists of Jump Sets

The original Mr America course is a circuit, but after getting dozens of IMs about the alleged impossibility of circuit training in modern gyms, I've removed the circuit and replaced it with jump sets, which should achieve basically the same result.

If you want to do this program the way it was originally written, you'll do one set of each exercise in a row before moving to the next set. You do the two exercises grouped together for the prescribed number of sets and reps, then move on to the next pair.

Per Bob Hoffman, "You get out of exercise what you put into it. You pay for what you get in this world. Pay a little, get a little, pay more, get more. And by paying in physical training, we mean more training, harder training, a closer adherence to the rules of right living.

If your ambition is great, to realize it, your effort must be great. The effort expended is very little considering the great reward you obtain for your efforts, your improved appearance, better health, greater strength and more muscle. So plan to make maximum gains, plan to keep progressing, train hard and long and excellent results are sure to accrue.

Your exertion can easily be measured by your puffing, panting and perspiring. The puffing and panting assures that your respiration has been speeded up, the perspiring, that you have been working vigorously to build up the heat which causes perspiration and aids in elimination."

The Loading is Weird. Pay Attention!

If you look at the loading on the program, you'll see what looks like a typo but is not- 3x15 with your 8RM. If you wanted to know how people got strong with 15 rep sets, it is because they were doing 15 rep drop sets.

Their loading varied between heavy, light, and medium on these 15 rep sets. On heavy days they would pick a weight they could do 8 reps with and bang out 7-8, then drop the weight and do their remaining 7-8 reps. There's no suggested protocol on this drop, because it varied widely between lifters.

I would suggest dropping the weight by 25-50% on the heavy days, but my top-end strength is way ahead of my rep strength. You'll have to play with it.

On the medium day, you should be shooting for 10 reps before dropping the weight a little to close out your 15.

On the light day you should be shooting for a straight set of 12-15 with whatever weight you pick- no drop sets required. Hoffman was insistent that these 15 rep sets are what brought out all of the definition and separation in his athletes.

By the time you can get 12-15 reps with that 8RM, it's time to add 5-10lbs to the bar and start back at 6-8 reps and a drop.

"Some few fail by training too hard, working too much on their nerve and not having a body which can back up this training, the desired gains are not made, [but] **more fail because they train too little, use weights which are too light**."

The Ideal Physique Program is set to "Novice"

You'll see 3 x 15 throughout the workout, but this is a bit misleading. The first set should be a warmup set, the second can be moderately heavy or a full work set, and the third set is all out.

This is why you will see a weird array of sets and reps for Hoffman's lifters- there was a lot of nuance.

That said, lifters didn't just do 3 x 15 on 12 exercises and leave- they'd do a vigorous warmup of calisthenics and hand-balancing first, then would do the Mr America program once or twice in a row (and sometimes thrice), then move on to bodypart work. No champion in the York system became so by doing the least possible, and they all had their own methods and pet lifts for bulking out their training.

That said, these guys were training 2-5 hours a day, three times a week (with no more than 60 seconds of rest between sets), then getting in another hour or two on their tinkering days, plus whatever sports, cardio, or performing they had to do.

The Order of Exercises

Do not reorder the exercises- they're specifically arranged to pre-exhaust your muscles before doing the big compound movements. This ensures the big muscles do not overpower the small muscles and you achieve better balance. Additionally, Bob Hoffman believed you should ramp up and down in a workout, so that the loading peaks in the middle of the workout rather than at the end. Training hard without a cooldown, according to Hoffman, leads to injuries.

Rest Periods

Hoffman and his crew didn't race through these workouts, however- they would take what was then called the "Hoffman Walk" between exercises, walking to the water fountain or around the gym a bit and taking 25-30 deep breaths (45-60 seconds) before going to the next exercise.

Do Not Train the Same Exercises at Every Session

Per Hoffman, “Superior results are obtained when the muscles are not worked in the same groove always, when a multitude of exercises are practiced over a period of time. To succeed best, you need considerable variety in your training, so particularly on the nights when you have more time, more energy, more ambition, when you feel like a million, take a real workout, consisting of 24-36 exercises.

> You read that right- 24-36 exercises in a single workout, because the old school guys knew that training the same lift over and over simply makes you better at that lift, not stronger overall. In order to gain strength, you must expose yourself to lots of different stimulus to prevent your body adapting to the constant, unchanging stressors.

There’s a compendium of alternate exercises for each one of the main exercises listed. If you do the workout twice in a session, use completely different exercises the second time through. If you’re going to specialize on a bodypart rather than repeating the full-body workout, do not repeat exercises and do your best to hit your muscles from every conceivable angle- as you’ll see, Pulldowns to the Lap are one such exercise, so everyone can stop giving noobs shit for doing this their first week in the gym.

Number of Training Days

According to Hoffman, the optimal way to train was three serious sessions and two play sessions per week. He referred to the two play sessions as “tinkering sessions”, and said they were both essential and unserious.

If you’ve only got three days in which to train, do the three programmed workouts and skip the tinkering days. Hoffman recommended that be a M-W-F thing, though he did recognize some people like to train every other day.
If you’ve only got four days a week to train, do two medium days and two tinkering days, and three days of rest.

And if you wanna train more, do so- Hoffman was aware that sometimes you just wanna get hyphy and train a full week straight before resting. Bob Hoffman was a man with both feet on the gas and he had no time for lazy people or whiny trainees.

Tinkering Days

Per Bob Hoffman,

> “There should always be some moderate days of training. Days on which the muscles are given a nice, comfortable, stimulating workout, a workout which tones the muscles, and prepares them for the harder training days to come. The moderate exercises develop the muscles from different angles, stretch them, keeping the body loose, flexible and athletic.”

> “There are so many pieces of good, result producing, health and muscle building apparatus, that it is not possible to use them all in one tinkering day a week. Therefore it is wise to have two tinkering days each week, if possible. The various muscle building appliances, expanders, health shoes, giant crusher grip, wrist roller, pulleys, head strap, etc., are a pleasure to use, develop the muscles from many different angles and build a really outstanding physique.”

Cutting Your Training to the Minimum

You’ll be unsurprised that Bob Hoffman was as disgusted by the Heavy Duty crowd as I am. In his words,

“Many men have built weight and strength through very limited programs. They have gained as much as 100 pounds in bodyweight through little more than irregular practice of deep knee bending, coupled with plenty of rest and heavy feeding, particularly the drinking of copious quantities of milk. It has always been the York plan to devise training systems which will cause men to be shapely every pound of the way, York men gain in bodyweight as fast as others, faster in most cases, and have fine physiques and athletic ability with every pound they gain.

York men apply the truism, that if you train for strength, shape is sure to follow, and the constant endeavor to handle more and more weight, as we recommend, is sure to result in the acquisition of super strength, and the other benefits which accompany it. Men who follow the York system have gained as much as 100 pounds and become athletic starts of the greatest magnitude.

But some men are willing to gain weight at any price, any kind of weight, just so it registers on the scales. This method has been taught in some quarters. **While we grant that the practice of a few very heavy exercises, or even one exercise, such as the deep knee bend, will build weight and strength, we wish to warn you that you will not have an attractive or athletic physique if you follow this type of limited program.**

The minimum of exercises in a limited program should be four or five. Bent over rowing motion, press on bench or standing, abdominal exercises, dead weight lift and deep knee bend, practiced in sets will permit a man to gain weight and strength. But the practice of a limited program of heavy exercises only, will not build for a man a really shapely physique. The exercises listed will bring good results in a minimum of time. Such a program is far better than no program at all, but it will be much better for the aspiring body builder to practice enough exercises to build an outstanding and shapely physique as well as one which is strong and heavy, if that is the paramount desire.

And If You Have EXTREMELY Limited Time, Do This

Muscle Snatch- 3 x 15
High Pull- 3 x 15
Heels-Elevated Close Stance Squat- 3 x 15

Behind the Neck Press- 3 x 15

The Ideal Physique Program

Day 1	Heavy Day	
Exercise	**Sets/Reps**	**Loading**
Seated Simultaneous DB Curl	3 x 15	8RM
Wide Grip Bench Press	3 x 15	8RM
Conventional Deadlift	3 x 15	8RM
Bent Arm Barbell Pullover	3 x 15	8RM
DB Side-to-Side Bend	3 x 15	8RM
Two DB French Press	3 x 15	8RM
Bent Over Row	3 x 15	8RM
Wide-Grip BTN Pullup	3 x 15	8RM
Calf Raise	3 x 15	8RM
Klokov Press	3 x 15	8RM
Incline Leg Raises	3 x 15	
Heels-Elevated Close Stance Squat	3 x 15	8RM

Day 3	Light Day	
Exercise	**Sets/Reps**	**Loading**
Seated Simultaneous DB Curl	3 x 15	15-17RM
Wide Grip Bench Press	3 x 15	15-17RM
Deadlift	3 x 15	15-17RM
Bent Arm Barbell Pullover	3 x 15	15-17RM
DB Side-to-Side Bend	3 x 15	15-17RM
2-Hand DB French Press	3 x 15	15-17RM
Bent Over Row	3 x 15	15-17RM
Wide-Grip BTN Pullup	3 x 15	15-17RM
Calf Raise	3 x 15	15-17RM
Klokov Press	3 x 15	15-17RM
Incline Leg Raises	3 x 15	
Heels-Elevated Close Stance Squat	3 x 15	15-17RM

Day 5	Medium Day	
Exercise	**Sets/Reps**	**Loading**
Seated Simultaneous DB Curl	3 x 15	10-12RM
Wide Grip Bench Press	3 x 15	10-12RM
Deadlift	3 x 15	10-12RM
Bent Arm Barbell Pullover	3 x 15	10-12RM
DB Side-to-Side Bend	3 x 15	10-12RM
2-Hand DB French Press	3 x 15	10-12RM
Bent Over Row	3 x 15	10-12RM
Wide-Grip BTN Pullup	3 x 15	10-12RM
Calf Raise	3 x 15	10-12RM
Klokov Press	3 x 15	10-12RM
Incline Leg Raises	3 x 15	
Heels-Elevated Close Stance Squat	3 x 15	10-12RM

Exercise Alternatives

Seated Simultaneous DB Curl	Wide-Grip Bench Press	Conventional Deadlift
Alternating DB Curl	Wide DB Bench Press	Stiff-Legged Deadlift
Incline Curl	Incline Bench Press	Jefferson Lift
Hammer Curl	Decline BB or DB Bench	Barbell Teetotum
Standing Alternating Curl	Strict Press	High Pull
Standing Barbell Curl	BTN Press	Heavy Continental Lift
Standing Reverse Curl	DB Upright Row to Press	
Zottman Curl	DB Alternate Press	
	Pullover and Press on Bench	

Exercise Alternatives

Bent Arm Barbell Pullover	Side-to-Side Bend	Two DB French Press
Straight Arm Flyes	Barbell Overhead Side Bends	1-DB French Press
Straight Arm Lateral	Toe Touching (Weight Overhead)	DB Skullcrushers
Straight Arm Pullover		BB Skullcrushers
DB Alternate Pullover		
1-Arm DB Pullover		
Barbell Windmill		

Exercise Alternatives		
Bent Over Row	Wide-Grip BTN Pullup	Calf Raise
One Arm DB row	Stiff Arm Pulldown	Heels together, Toes Out
Bent Over 2-DB Row	Wide Pulldown to Lap	Heels Out, Toes In
Alternating Bent Over DB Row	Curl Grip Pulldown (to forehead)	Feet Straight
Wide Grip Upright Row	Lying Straight Arm Pulldown	Straddle Hop w/ BB or light DBs
Close Grip Upright Row	Wide Pulldown to Chest	Skipping with Barbell
Slow/Tempo High Pull		Stair Climbing w/ DBs or BB

Exercise Alternatives		
Klokov Press	Incline Leg Raises	Heels-Elevated Close Stance Squat
1- Arm Cable French Press	Incline Situps	Non-Lockout Squats
1-Arm Pulldown (knuckles in)	Lying Leg Raises	Breathing Squats
1-Arm Pulldown (knuckles out)	Hanging, Twisting Leg Raises	Back Squat to Overhead Press
Cable Row	Twisting Situps	
Standing BB Chest Press	Broomstick Twists	
Lying Back Press		

Statistics for Pre-Steroid Bodybuilders & Physique Stars

	Pre-Mr America Bodybuilders										
Year	Name	Lived	Height	Weight	Reg Chest	Upper Arm (R)	Fore-arm	Waist	Neck	Thigh	Calf
1893	**Eugen Sandow**	1867-1925	67.7	180	44	17	13.4	32.7	16.5	23.2	15.4
1898	**Pierre Bonnes**	1867-?	67	198	46	15.6	12.7				17
1900		1862-1928	74	280	50.4	20	17.5	40			20
1900	**Monte Saldo**	1879-1939	65	147		16	13	30	17	23	15.5
1902	**Staff Sgt. Alfred Moss**	1868-1952	67.5	182							
1903	**Gustav Frištenský**	1879-1957	72.8	220							
1904	**Al Treolar**	1873-1960	70.5	186							
1905	**George Hackenshmidt**	1878-1968	68.5	204		19	15.5	34	22	26.75	18
1906	**Maurice Deriaz**	1885-1974	66	194	48	17.7	14	35	19	26	16.5
1910	**Arthur Dandurand**	1877-??	67	190							
1910	**Ivan Zaikin**	1880-1948	73								
1913	**Maxick**	1882-1962	64	147	41	16	13		17	23	15
1914	**Peter Krylov**	1871-1933	67	194	48	18	14		19	26	
1915	**Bobby Pandour**	1876-1918	66	160	42	16.5				23	
1920	**Charles Atlas**	1892-1972	70	182	47	17	14.5	32	17	23.76	16.5
1922	**Adolph Nordquest**	1882-1960	68	200	49	17.5	15.5	35	18	26	16.5
1925	**Charles MacMahon**	1894-??									
1930	**Clevio Massimo**	1895-1974	68	194	46	16.25	15.25	34	18	25	
	Mr America Most Muscular Winners										
	Name	Lived	Height	Weight	Reg Chest	Upper Arm (R)	Fore-arm	Waist	Neck	Thigh	Calf
1938											**America's Finest Physique Contest**
1939											**1st AAU Mr America (Unofficial)**
1940	**John Grimek**	1910-1998	68.5	195	47	17.5	14	30	17	25	17

1941	**John Grimek**	1910-1998	68.5	195	47	17.5	14	30	17	25	17
1942	**Dan Lurie**	1923-2013	65.5	165	46	16.75	12.5	29.5	16	21.5	15.5
1943	**Dan Lurie**	1923-2013	65.5	165	46	16.75	12.5	29.5	16	21.5	15.5
1944	**Dan Lurie**	1923-2013	65.5	165	46	16.75	12.5	29.5	16	21.5	15.5
1945	**Clancy Ross**	1923-2008	69.5	185	47	17	13.5	32	16.5	24	16
1946	**Sam Loprinzi**	1913-1996	65	165	47	17		31	17	23	15
1947	**Eric Pederson**	1926-1990	70	200		18					
1948	**Elias Rodriguez**	??-??				14.5					
1949	**Melvin Wells**	1919-1994	70.5	205		18.5		30.75		25.75	16.25
1950	**Melvin Wells**	1919-1994	70.5	205		18.5		30.75		25.75	16.25
1951	**Roy Hilligenn**	1922-2008	66	178	46	16.7	13.4	32	16.6	23.6	15.4
1952 (No MM)	**Malcolm Brenner (audience choice)**	??-??	73	230	51	18.5				28	
1953	**George Paine**	1924-??	69.5	210		18.5		30	17	27	17.5
1954	**George Paine**	1924-??	69.5	210		18.5		30	17	27	17.5
1955	**Ray Schaefer**	1933-2018	70	202							
1956	**Art Harris**	??-2003	70	195		19.5					
1957	**Ron Lacy**	1929-2005	68.5	188	47	17.5	--	30	16.5	26	17.5
	Average		**68.6**	**191.6**	**47.0**	**17.5**		**17.5**		**30.4**	**16.3**
	Median		**69.5**	**195**	**47**	**17.5**	**13.4**	**30**	**16.6**	**25**	**16.25**

	Mr America Overall Winners										
	Name	Lived	Height	Weight	Reg Chest	Upper Arm (R)	Fore-arm	Waist	Neck	Thigh	Calf
1938	**Bert Goodrich**	1906-1991	70.5	195	47	17		33	17	24	27
1939	**Roland Essmaker**	1916-2002	70.5	170	45			30	17		
1940	**John Grimek**	1910-1998	68.5	195	47	17.5	14	30	17	25	17
1941	**John Grimek**	1910-1998	68.5	195	47	17.5	14	30	17	25	17
1942	**Frank Leight**	1912-1990	71.5	209	48.5	17.5	14	33	17.5	24	16
1943	**Jules Bacon**	1917-2007	67	175	44	15.5	12.5	31	15.5	23	15

1944	**Steve Stanko**	1917-1978	71.5	223	48.5	18	14.3	35.9	18	?	17
1945	**Clarence Ross**	1923-2008	69.5	185	47	17	13.5	32	16.5	24	16
1946	**Alan Stephan**	1924-2005	71.5	205	47.9	17	14.2	32.4	17.1	24.8	16.1
1947	**Steve Reeves**	1926-2000	73	213	48	17.5	14	31	17.6	25.3	17.5
1948	**George Eiferman**	1925-2002	67.5	195	47.5	16.7	13.4	32	16.5	25	16
1949	**Jack Delinger**	1926-1992	66	195	47.5	17.2	13.8	32	16.8	25	16.6
1950	**John Farbotnik**	1925-1998	69	195	47.5	17	13.5	32	16.8	24.5	15.7
1951	**Roy Hilligenn**	1922-2008	66	178	46	16.7	13.4	32	16.6	23.6	15.4
1952 (No MM)	**Jim Park**	1927-2007	67.5	190	47	17	13.4	32.5	16.7	24.2	15.2
1953	**Bill Pearl**	1930-2022	69	201	48	17.5	14	32.5	17.5	25	16.2
1954	**Dick Dubois**	1933-2007	73	220	49	18	14.2	32.5	17.8	25.5	17.2
1955	**Steve Kilsanin**	1929-2005	70	185	49	17.5		31		25	17
1956	**Ray Schaefer**	1933-2018	70	202							
1957	**Ron Lacy**	1929-2005	68.5	188	47	17.5	--	30		26	17.5
	Average		**69.4**	**197.2**	**47.3**	**17.2**	**13.7**	**31.8**	**17.0**	**24.6**	**17.0**
	Median		**69.25**	**195**	**47.5**	**17.35**	**14**	**32**	**17**	**25**	**16.4**
	Median of All Mr America Winners		**69.5**	**195**	**47.5**	**17.4**	**13.5**	**32**	**16.7**	**25**	**16.3**
	NABBA Mr Universe Winners										
1948	**John Grimek**	1910-1998	68.5	195	47	17.5	14	30	17	25	17
1949											
1950	**Steve Reeves**	1926-2000	73	225	48	17.5	14	31	17.6	25.3	17.5
1951	**Reg Park**	1928-2007	73	225	49	19		32		26	15.5
1952	**Mohammed Nasr**	??-??									
1953	**Bill Pearl**	1930-2022	69	201	48	18	14	32.5		25	18
1954	**Enrico Thomas**	??-??	67			18.25					
1955	**Mickey Hargitay**	1926-2006	74	220		18					
1956	**Ray Schaeffer**	1933-2018	70	202							

1957	John Lees	1930-2021	71	210		18.5				27	18
	Average		**70.7**	**211.1**	**48.0**	**18.1**	**14.0**	**31.4**	**17.3**	**25.7**	**17.2**
	Median		**69.5**	**202.0**	**47.5**	**18.0**	**14.0**	**30.0**	**17.0**	**26.0**	**17.5**
	NABBA Pro Mr Universe Winners										
1948											
1949											
1950	**Monotosh Roy**	1916-2004	65.5	156	45	16.5			16	23	15.5
1951	**Manohar Aich**	1912-2016	59	97							
1952	**Juan Ferrero**	1918-1958									
1953	**Arnold Dyson**	1926-2009									
1954	**Jim Park**	1927-2007	67.5	190	47	17	13.4	32.5	16.7	24.2	15.2
1955	**Leo Robert**	1921-2016	67	190							
1956	**Jack Delinger**	1926-1992	66	195	47.5	17.2	13.8	32	16.8	25	16.6
1957	**Arthur Robin**	1927-2023	66.5	185		17.25					
	Average		**65.3**	**168.8**	**46.5**	**17.0**	**13.6**	**32.3**	**16.5**	**24.1**	**15.8**
	Median		**68.0**	**190.0**	**47.4**	**17.3**	**13.8**	**32.0**	**16.9**	**25.0**	**16.5**
Rounded Median of Both Mr Universe Winners			**69**	**196**	**47**	**18**	**14**	**31**	**17**	**26**	**17**
Median of Pre-Steroid Bodybuilding Champions			**69**	**195**	**47**	**17**	**14**	**31**	**17**	**25**	**16**
	Median of CrossFit Champions		**69**	**195**							
CrossFit Games Winners											
2007	**James Fitzgerald**	70	164								
2008	**Jason Khalipa**	70	215								
2009	**Mikko Salo**	68	176								
2010	**Graham Holmberg**	71	190								
2011-2014	**Rich Froning Jr.**	69	195								
2012	**Rich Froning Jr.**	69	195								
2013	**Rich Froning Jr.**	69	195								
2014	**Rich Froning Jr.**	69	195								
2015	**Ben Smith**	71	195								
2016	**Mat Fraser**	67	195								
2017	**Mat Fraser**	67	195								

2018	**Mat Fraser**	67	195
2019	**Mat Fraser**	67	195
2020	**Mat Fraser**	67	195
2021	**Justin Medeiros**	69	190
2022	**Justin Medeiros**	69	190
2023	**Jeffrey Adler**	69	198
	Average	**68.7**	**192.5**
	Median	**69.0**	**195.0**
Median Without Duplicates		**69**	**195**

Year	Name	Lived	Height	Weight
1921	**Abbye Stockton**	1917-2006	62	115
1948	**Ivy Russell**	1907-??	67	126
1978	**Doris Barrileaux**	1931-2018	64	125
1980	**Lisa Elliott**	b. 1959	62	124
1981	**Rachel McLish**	b. 1955	66.5	130
1981	**Laura Combes**	1953-1989	64	145
1981	**Lynn Conkwright**	1954-2017	60	105
1981	**Kike Elomaa**	b. 1955	65	117
1981	**Georgia Miller Fudge**	b. 1946	67.5	130
1982	**Kay Baxter**	1945-1988	63	130
1982	**Carla Dunlap**	. 1954	63	126
		Average	**64.0**	**124.8**
		Median	**64.0**	**130.0**

CrossFit Games Winners			
Year	Name	Height	Weight
2007	**Jolie Gentry**	64	125
2008	**Catie Matter Henninger**	69	167
2009	**Tonya Wagner**	66	145
2010	**Kristin Clever**	62	133
2011	**Annie Thorisdottir**	67	148
2012	**Annie Thorisdottir**	67	148
2013	**Samantha Briggs**	67	135
2013	**Camille Leblanc-Bazinet**	62	130

2014	**Camille Leblanc-Bazinet**	62	130	
2015	**Katrín Tanja Davíðsdóttir**	67	152	
2016	**Katrín Tanja Davíðsdóttir**	67	152	
2017	**Tia-Clair Toomey**	64	128	
2018	**Tia-Clair Toomey**	64	128	
2019	**Tia-Clair Toomey**	64	128	
2020	**Tia-Clair Toomey**	64	128	
2021	**Tia-Clair Toomey**	64	128	
2022	**Tia-Clair Toomey**	64	128	
2023	**Laura Horvath**	65	170	
2024	**Tia-Clair Toomey**	64	128	
	Average	**64.9**	**139.1**	
	Median	**64.0**	**131.5**	
Median Without Duplicates		**65.5**	**140**	